



HAND SAFETY

We use our hands more than any other body part for completing construction work. It's important to protect our hands and be aware that even a minor hand injury can get infected and lead to lost workdays, medical expenses, and more serious health issues.

COMMON HAND INJURIES

- Cuts
- Burns
- Bruises
- Scrapes
- Punctures
- Dermatitis
- Sprains
- Fractures
- Amputations

COMMON HAND HAZARDS

- Sharp materials
- Exposed blades
- Rotating objects
- Pinch points
- Chemicals
- Hot work
- Vibrations
- Abrasive surfaces

HAND INJURY PREVENTION

- Plan ahead and know the gloves you need based on the tasks you will perform
 - *All gloves are not created equal ie: cut resistance levels, chemicals they protect against etc.*
- Do not remove machine guards
- Be aware of your hand placement while working
- Wear well fitted and appropriate gloves for the task
 - *PPE must not present a greater hazard such as around moving parts or belts*
- Don't wear rings when working with machinery
- Make sure tools are working properly before use
- Practice good housekeeping
- Keep your hands away from danger zones ie: pinch points, rotating machines, chemicals, hot work etc.

Remember that PPE is the last line of defense. If possible we want to engineer out the hazard and or use administrative controls before we resort to only PPE.